

Shirley's Sure to Please Trifle



No one will know it's dairy free!
SERVES 6

INGREDIENTS:

- 1 packet dairy free vanilla cake mix
- 1 litre soy milk
- ¼ cup olive oil
- 450g tin fruit salad in juice
- 2 packets Aeroplane Quickset Jelly (using Aeroplane Quickset jelly is essential as regular jelly is not cruelty free)
- 1 packet dairy free custard powder
- ¼ cup raw sugar
- 1 can Soyatoo whipped cream (search online for your local stockist)

METHOD:

1. Make the cake mix as per the packet instructions, using soy milk and where the recipe calls for egg, substitute with ¼ cup olive oil. Leave the cake for 24 to 48 hours to get a little bit stale.
2. Crumble the cake up into small pieces and spread over the bottom of a glass bowl. Open the tin of fruit and pour the juice from the tin over the cake. Set the fruit aside.
3. Make one packet of jelly and pour over the cake and refrigerate for 20 mins until it sets.
4. Make the second packet of jelly and pour over the top of the cake and jelly mix. Empty the tin of fruit into the jelly and refrigerate for an hour.
5. Make the custard as per the instructions on the pack, using soy milk and sweeten with the raw sugar. You will need to make 500ml of custard in total. Make the custard on the thick side, rather than runny, if it gets too thick, slowly add more soy milk until you get the right consistency. Use a whisk to mix the soy milk in.
6. Take the tray out of the fridge and pour the custard over the top and return to the fridge for ½ an hour.
7. Squirt rosettes of Soyatoo cream on the top of the trifle and serve.



More Ways to Make Your Kindness Count This Christmas

Cruelty, don't buy it. Never buy products that have been tested on animals.

Whose skin are you in? The only one who needs a mink coat is a mink! Animals raised for fur live cruel and impoverished lives. Others trapped and killed for their skins often experience torturous deaths.

Don't breed and buy when shelter pets die. Always look to animal shelters for a new furry friend but remember that animals are for life, not just for Christmas. Pets should never be given as surprise or impulse gifts.

Let me entertain you. Humans are capable of some amazing feats of ingenuity. Don't support circuses that use exotic animals.

Why not become a Best Buddy to a rescued farm animal? The Edgar's Mission Best Buddy program also makes a great gift for friends and loved ones. It's as easy as heading to www.edgarsmission.org.au to find your new pal.

Why Kindness?

We know that you, like us, care deeply about animals and would never knowingly wish to cause them harm. However, many of the choices people make in their lives are really not all that kind to animals. At Edgar's Mission we encourage people to join the dots between thinking compassionately and acting compassionately.

Edgar's Mission is a farm sanctuary that provides a safe haven for rescued farmed animals. Our public information centre and outreach work seeks to expand the public's circle of compassion to include all animals.



EDGAR'S MISSION

A FARM SANCTUARY

our mission is kindness

www.edgarsmission.org.au

"If we could live happy and healthy lives without harming others... why wouldn't we?"

The Edgar's Mission Guide to a Kind Christmas



Help make this Christmas a time to truly celebrate peace, joy, kindness and goodwill...

for all

'Tis the Season to be Kind

Christmas is a time of joy, a time of giving, a time to gather with loved ones and celebrate all that life has to offer.

Unfortunately, for our animal friends, joy is often the last thing Christmas time brings their way. Millions of holiday feasts worldwide see the lives of many fun loving pigs and intelligent turkeys brought to an untimely end in the name of celebration. Leading short lives devoid of sunshine, mental stimulation and kindness, for these creatures there is rarely anything to celebrate at all.

But it does not have to be this way. You have the power to make this Christmas a peaceful, joyous and kind time for all – something to truly celebrate. And it really is as simple as what you put on your plate. With our delicious and nutritious cruelty free fare you can still have a Merry Christmas will all the trimmings, except of course animal cruelty and suffering.

Who knows, your kindness may turn out to be the greatest gift you ever give...



Nutmeg's Nutty Roast with Sage and Onion Stuffing



Your family will go nuts for this!
SERVES 6

INGREDIENTS:

Nut Roast

- 30g of dairy free margarine
- 2 sticks of celery, finely chopped
- 1 medium leek, finely chopped
- 1 teaspoon of yeast extract (marmite, vegemite etc.)
- 1 cup of hot water
- 2 teaspoons of fresh mixed savoury herbs (or 1 teaspoon dried)
- 3 cups of ground cashew nuts (or almonds)
- 2 tablespoons of soya flour
- 3 cups of fresh bread crumbs
- Sea-salt and pepper to taste

Sage and Onion Stuffing

- 4 teaspoons of dried sage
- 1/2 cup of dairy free margarine
- 6 slices of wholemeal bread, broken into small pieces
- 1 large onion, finely chopped

METHOD:

Nut Roast

1. Preheat oven to 180 degrees Celcius
2. In a large pan, melt the margarine, then add celery and leek to cook for 3-4 minutes
3. Mix the yeast extract into the hot water and add this to the pan.
4. Stir in the herbs, ground nuts, soya flour, breadcrumbs, salt and pepper then mix well. Allow to cool slightly while you grease a loaf tin.
5. Place half of the nut roast mixture in the tin and press down well. Place Sage and Onion Stuffing



on top of mixture and press down well again. Place the rest of the nut roast mixture on top.

6. Place in oven and bake for 40 minutes then turn out of the tin and allow to cool slightly before slicing and serving alongside Sage and Onion Roast Potatoes.

Sage and Onion Stuffing

1. Melt the margarine in a saucepan, then add onion, cooking until soft.
2. Mix wholemeal bread, sage and sea salt into the onion mixture.

Sage and Onion Roast Potatoes

INGREDIENTS:

- 2kg roasting potatoes, such as colbian, golden delight or sebago
- 4 tablespoons of instant oats
- 4 teaspoons of dried sage
- 4 tablespoons of sunflower oil
- 1 finely chopped onion

METHOD:

1. Boil the potatoes until they are just beginning to soften then remove from heat and drain.
2. While potatoes are cooking mix together the oats, sage, oil and onion for the coating.
3. Place potatoes in baking tray and coat with mixture.
4. Roast in a 180 degree oven for 30 minutes or until nice and crispy.
5. Serve alongside Nutmeg's Nutty Roast.

You might want to baste with a little more oil half way through for extra crispiness!

